

"It's a Mind Thing: Choices and Changes, Its Up to You?"

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Topic Objectives

- Identify personal stereotypes and prejudices around working with diverse populations
- Explain social determinants and behaviors that impact client/patient care
- Provide information on best practices to assist in working with special needs groups

Office of Minority Health - Mission

- To improve the health status of minority populations
- To improve access to quality health care services for minorities and the underserved populations
- To enhance and promote public awareness of the health care needs of minorities

"It's a Mind Thing"

- Minority Groups in Alabama
- Diverse Subpopulations
- Personal Values System
- Cultural Characteristics
- Prejudices and Stereotypes

"It's a Mind Thing"

The Sum of All Lived Experiences:

What we think we know....

Who we think we are....

How we do things.....

"It's a Mind Thing" Stereotypes and Prejudices

- Gender
- Race or Nationality
- Sexual Orientation
- Geographic or Regional Residency
- Socioeconomic Status
- Relationship Status
- Health/Medical Status
- Religious Beliefs
- Health and/or Medical Status

Office of Minority Health – Target Groups

- Hispanic/Latino
- Asian / Pacific Islander
- Native American Indian
- African American
- Vietnamese
- Guatemalan

Minority Subpopulation Groups

- Immigrant and migrant workers
- Active and recovering substance abusers
- Persons who are diagnosed with mental illness
- Individuals who are homeless
- Incarcerated and ex-offenders
- Gay, Lesbian, Bisexual, Trans gendered, and Questioning Individuals
- Commercial sex workers

Social Determinants and Behaviors

- Undocumented citizenship
- Drug, alcohol and tobacco related addictions
- Depression, bipolar illness, and other mental health diagnosis
- Limited access to food, clothing and shelter
- Ex-felons who are re-establishing personal and professional identity and livelihood
- Differing sexual preferences and alternative lifestyles

Social Determinants and Behaviors that Impact Patient Care

- Communication barriers (limited English proficiency)
- Translation and interpretation challenges
- Dependency and addictions to mood altering drugs (crack/cocaine, heroin, crystal methamphetamines, prescription drugs)
- Poor living conditions
- Inadequate access to healthy and nutritious foods

Personal/Professional Judgments

- Clothing and dress attire (fully clothed to limited attire)
- Engaging in high risk sexual behaviors
- Criminal and addictive thinking
- Trading sex for survival
- Varying literacy levels
- Overeating and/or not eating

Outreach Locations (Venues where risk groups frequent)

- Community and street venues
- Coastal and border ports of entry
- Income limited communities (housing projects and trailer parks)
- Drug treatment facilities
- Mental health group homes
- Transitional living and halfway houses

Outreach Locations cont.

- Jails, prisons and youth detention centers
- Homeless shelters
- Residential and outpatient social service agencies
- Local bars and clubs
- Partnerships with local community based organizations and state agencies that service the target populations
- Faith based groups and church ministry programs

Population Risk Factors cont.

- Engaging in high risk sexual behaviors
- Criminal and addictive thinking
- Trading sex for survival
- Varying literacy levels
- Overeating and/or not eating as a coping strategy

Health Education Literacy Needs

- Nutrition and Physical Activity
- Health Literacy Materials
 - Cardiovascular Disease
 - Gender Specific Cancers
 - Diabetes
 - Infant Mortality
 - Mental Health
 - HIV/STD's

Health and Medical Needs

- Knowledge of where to go for health care services
- Information about smoking and tobacco prevention programs
- Access to comprehensive health care services without fear of judgment
- A place of safety that allows for full disclosure

Incarcerated and Ex-Offender Population

- WHI FI Program (Women's Health Information for the Incarcerated)
- ADPH Office of Women's Health and Aid to Inmate Mother's
- ADOC – Tutwiler Prison for Women, Birmingham Work Release Center and Montgomery Women's Facility
- Health Education and Information
- Referrals and Community Linkages to County Health Departments

Montgomery Women's Facility

Sharing information with health care providers and social services agencies

Sharing information with health care providers and social services agencies

Best Practices for Working with Special Needs Groups

- Improving health equity
- Incorporate health equity themes as a part of agency initiatives
- Encourage health equity discussions in meetings with collaborative partners and community stakeholders
- Target sub populations of minority groups for health disparity prevention messages
- Increase the availability of health disparity data in public outreach venues

Best Practices for Working with Special Needs Groups

- Develop program marketing materials that include health equity messages
- Engage in health equity discussions on social marketing sites that post health information messages
- Explore employee and agency perceptions around high risk minority groups and populations that result in health care inequality
- Develop internal agency trainings that include information on challenges and barriers that result in health care inequity

